



25th Nebraska Statewide Critical Incident Stress Management Conference

Ramada Inn, Kearney, NE - September 19 & 20, 2015

CISM Members and Non-Members Welcome

CONFERENCE SPEAKERS

Compassionate Options for Pediatric Death— Mary Fallat, MD



Mary Fallat, MD, received the Compassionate Physician Award at the 2013 Doctors' Ball. The Doctors' Ball bestows prestigious awards for excellence in leadership, innovation and service. Proceeds benefit the Jewish Hospital & St. Mary's Foundation which invests in outstanding patient care facilities and services,

Our first responders are often the first line to console grieving parents who have lost a child because of a traumatic event or illness outside the hospital. The initial encounter with grieving parents of pediatric fatalities is overwhelming to first responders, and has sometimes resulted in first responders leaving the profession. The goal of this project is to develop a systems approach to out-of-hospital pediatric death that equips first responders with the knowledge, tools, and skill set needed to manage the emotional and psychological effects for the grieving families they encounter as well as for themselves.

Not All Wounds Are Visible – Anthony Guerne, MS, NREMT-P, CHSE



Anthony Guerne is a Patient Simulation Specialist from NYIT College of Osteopathic Medicine. My friends, my family, and therapy (including good CISM) have quite literally saved my life. It has only been roughly a year since I have been able to publicly admit what I have gone through. I was a 9/11 responder, but that is only a small piece of PTSD from a career in EMS that spans over 20 years, with most of my time in New York City.

In a 1997 study of all New York City EMS EMT's and Paramedics, nearly 20% of the workforce met the DSM-III criteria for PTSD. Subsequently in 2012 an additional survey of all 1600 employees reported that 100% of those surveyed reported exposure to traumatic events. This presentation will help providers recognize the signs and symptoms of PTSD, understand how to cope, and help their families understand the trauma they have experienced. With a career in the emergency services that spans two decades, the speaker will offer his experiences, his successes and failures in dealing with PTSD, and how CISM played a pivotal role in the healing process.

First Responders Substance Use and Suicide – Donald Belau, Ph.D.



Dr. Donald Belau currently works at Doane after 32 years as the director of treatment at NE HHS Youth Rehabilitation and Treatment Center. Dr. Belau also resides on a number of national and state mental health boards and committees, including serving as co-chair of the Nebraska State Suicide Prevention Coalition, and clinical director and board member of the American Association of Suicidology.

First responders and disaster workers are routinely exposed to life-threatening and potentially traumatic situations, work with survivors and their families, and often recover the dead and injured. Physical safety & emotional safety of all at the scene becomes paramount with all sharing in that responsibility. This workshop speaks to the elevated vulnerability of suicide risk and substance use of First Responders who develop an intimate, often lethal relationship with substances to assist them in coping with routine First Responder experiences, and steps that a peers can take to help another peer to cope.

Rekindling One – Tim Peterson, MS, MA, LMHP, CPC



Rekindling one's purpose draws from two areas of research including Emotional Intelligence and the Myers-Briggs Type Indicator. Both of these areas expertise offer common sense approaches to refocusing one's purpose in serving. Rekindling your purpose is designed to assists individuals to refocus personal purpose

CONFERENCE AGENDA

FRIDAY, September 18, 2015

- 7:00 - 7:30 p.m. **Registration**
- 7:00 - 10:00 p.m. **Social Time** (Hor'dourves provided)

SATURDAY, September 19, 2015 – Members and Non-Members Welcome (with paid registration)

- 8:00 – 9:00 a.m. **Registration**
- 8:30 – 8:40 a.m. **Welcome** – Dean Cole
- 8:40 - 9:10 a.m. **Nebraska CISM** – Jon Kayne
- 9:15 – 11:15 p.m. **Compassionate Options for Pediatric Death** – Dr. Mary Fallat
- 11:15 - 12:00 p.m. **LUNCH** (provided)
- 12:30 – 1:15 p.m. **Not All Wounds Are Visible** – Anthony Guerne, MS, NREMT-P, CHSE Tony
- 1:15 – 1:30 p.m. **Break**
- 1:30 – 3:15 p.m. **First Responders Substance Use and Suicide** – Donald Belau, Ph.D.
- 3:15 – 3:30 p.m. **Break**
- 3:30 – 4:30 p.m. **Rekindling One** – Tim Peterson, MS, MA, LMHP, CPC

SUNDAY, September 20, 2015 – CISM Members Only

- 8:30 – 9:30 a.m. **CISM Review** – Jon Kayne
- 9:30 – 9:45 a.m. **Break**
- 9:45 -11:45 a.m. **CISM Mock Debriefings** – Jon Kayne

CISM Training

Oct 31 & Nov. 1 2015 in Omaha, NE
Watch this website for more details.

<http://dhhs.ne.gov/publichealth/nebraskaems/pages/cism.aspx>

The conference is brought to you by the Nebraska CISM Interagency Management Committee:

Nebraska Department of Health and Human Services - Emergency Medical Services Program and the Division of Behavioral Health Services,
Nebraska State Patrol, Nebraska Fire Marshal's Office and Nebraska Emergency Management Agency



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Ramada Inn, 301 2nd Avenue, Kearney, NE
September 19 & 20, 2015

MAIL-IN REGISTRATION FORM

Registration fee includes: educational materials, lunches, breaks and networking reception.

Please check the appropriate line(s):

_____ PRE-REGISTRATION for CISM Members (Now - September 4) - \$65

_____ LATE REGISTRATION for CISM Members (After September 4) - \$75

_____ REGISTRATION for Non CISM Members - \$75

_____ **Attending Friday Night Social (# for food head count please)**

_____ Extra Lunch Ticket(s) for non-registered person(s). (Please include \$15 for each ticket requested.)

\$_____ TOTAL ENCLOSED

First Name _____ Last Name _____ Troop _____

Mailing Address _____ City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

E-mail Address _____ Organization/Service _____

Please make checks payable to the **State Troopers Association of Nebraska (STAN)**.

Please mail this completed form and your payment (sorry no credit cards) to:
Nebraska CISM Conference
% Julie Smithson
1706 24th Street
Central City, NE 68826

CONFERENCE INFORMATION

TRAVEL & LODGING: <http://www.ramada.com/hotels/nebraska/kearney/ramada-kearney/hotel-overview> - Ramada Inn Conference participants must make their own travel and lodging arrangements. A block of 50 rooms has been reserved at Ramada Inn, Kearney until **September 4**. Rooms are priced at **\$79 per night plus taxes**. Room includes free hot breakfast. Please say it is for the Critical Incident Stress Management Conference when making reservations. The phone number to the Ramada Inn is 308-237-3141.

CONTINUING EDUCATION:

- This activity has been submitted to the Emergency Nurses Association for approval to award 5.5 contact hours. The Emergency Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

- This program meets the criteria of an approved continuing education program for mental health practice, EMS, and law enforcement for a total of 9 hrs.

QUESTIONS ABOUT THE CONFERENCE:

- If you have any questions regarding the conference, call or e-mail Debbie Kuhn or Julie Smithson.

- Debbie - 402-471-0119 - debbie.kuhn@nebraska.gov or Julie - 308-946-3409 - julie.smithson@nebraska.gov